



Arpana

Newsletter

ARPANA TRUST, Madhuban,
Karnal, Haryana, India
August 2026

Arpana Ashram

Param Pujya Ma's Birthday Celebrations

Arpana family members, friends and devotees came together at Arpana Ashram with devotion, gratitude and prayer to celebrate the birth of our Beloved Param Pujya Ma over 3 days – August 24th – 26th



Inspiring Transformation

Readings from Chapter 12 of Param Pujya Ma's Srimadbhagavad Gita, invite the aspirant to taste the sweetness of surrender to the Supreme Lord, inspiring transformation of their own lives.

Inspiring Renditions of Ma's Urvashi Bhajans by:

- 'Anhad Naad' Group – who enchanted the gathering with their singing, instrumental and dancing talents in the Arpana Mandir on 25th August.
- Urvashi Lalit Kala Academy, led by Shri Krishan Arora, on 26th August.

This Utsav inspired us to offer ourselves at the feet of Beloved Ma, with a deeper commitment to love, surrender and serve in a spirit of 'Arpan'.

Remembering Dr. Ela Anand – Her Legacy Lives on in Every Life She Touched



Our dearest Dr. Ela Anand, a pillar of Arpana Ashram, passed into Eternity on 24th June 2026. Dr. Ela Anand and her husband, Dr. A. K. Anand, came to Arpana Ashram in 1980, dedicating their lives to the service of humanity at the feet of Beloved Ma. Arpana Hospital was started at that time, enabling her to lovingly nurture the healing and compassionate care Ma advocated.

She was the **Medical Superintendent of Arpana Hospital** until 2009. Her compassion, devotion and lifelong commitment to service will remain an enduring part of the Arpana family, inspiring generations to come.

Arpana Hospital

Inauguration of 10-Bedded 24/7 Dialysis Block at Arpana Hospital



On 11th July, Arpana inaugurated a 10-bedded, state-of-the-art, 24/7 Dialysis Block, significantly strengthening specialized healthcare services for patients with kidney ailments. Representatives from Beri Udyog Pvt. Ltd. also attended.

The new unit is equipped with advanced German Fresenius 408S dialysis machines and incorporates a Zero TDS water system, ensuring highly purified water for an efficient and safe dialysis process. The facility will provide greater accessibility, convenience, and continuity of care to patients. It offers much-needed support to kidney patients and their families.

We are deeply grateful for support from Azuri Capital Advisors LLP, White Waves Capital LLP, Beri Udyog Pvt. Ltd. and the Baij Nath Bhandari Public Charitable Trust!

Haryana Rural Development

Cervical Cancer Screening Camps

Arpana organized two cervical cancer screening camps in June for early detection, timely treatment, and access to healthcare services for rural women.

155 women were screened, 21 suspected cases were referred to Arpana Hospital and trained community volunteers provided counselling and support.



SHG Women Pledge Committees for the Needy

Following Param Pujya Ma's path of service and compassion, women from Arpana's 103 target villages volunteered to:



- Launch a Social Support and Welfare Initiative. Volunteers pledged to love, care for and support community members in need.
- Plant 1,070 Neem trees in 103 villages in the memory of Param Pujya Ma, to promote unity, and environmental care.

Arpana is deeply grateful for support from the Baij Nath Bhandari Public Charitable Trust, Mrs. Sushma Lall and Mr. Ravindra Bahl for these initiatives!

New Delhi Education Programs

Life Skills Training by Modicare Foundation



• **Workshop for Students:** Life skills sessions were conducted for students from Classes 6–8 for 10 days in June, covering core life skills, growing up, peer pressure and bullying, gender, substance use, and child sexual abuse. Students developed greater awareness by actively participating. All received certificates.

• **A 3-Day Workshop for Teachers** enhanced teachers' awareness and skills in addressing issues faced by teenagers, with focus on adolescent challenges, technology in education, cyberbullying, the POCSO Act, anti-ragging measures, and practical strategies for supporting adolescents.



Exposure Visit

Seventeen Class 12 CBSE graduates visited Vrindavan on 24th July, to celebrate their excellent board results. They visited Prem Mandir, ISKCON Temple, Bankey Bihari Temple and Chardham, experiencing the spiritual and cultural significance of each place.

Career Counselling Session

Students of Grades 11–12 explored exciting career opportunities in the Travel, Tourism and Hospitality sector during a counselling session led by the Tourism and Hospitality Skill Council (THSC) on 30th June. They were also introduced to Bachelor of Vocation courses for higher education and future careers.

Volunteering by Senior Students of Arpana Trust

In June, 12 Arpana students who had recently appeared for their CUET exams volunteered their services to assist students of Class 4 in their Reading and Conversation classes.



Arpana is grateful for education support from Caring Hand for Children (USA), Essel Social Welfare Foundation (New Delhi), and AVIVA Plc (UK)

Himachal Program

Free Medical Camps for Remote Hill Communities

Free medical camps were organized by Arpana Medical Center in Upper Bakrota, in May, June & July supported by the Baij Nath Bhandari Public Charitable Trust.

Dr. S. K. Magotra conducted patient examinations, tests for blood/oxygen/sugar, etc. and treatment for ailments like lung concerns, osteoarthritis, etc.



- **Village Hutt** (J&K border) – 130 patients on 31st May.
- **Village Farotka, Chamba** – 117 patients on 1st June.
- **Village Hadsar** – 115 patients on 19th July.



Transformed Access to Guwani Village

For years, Guwani village lacked a motorable road to Gajnoi. Villagers traveled on foot and transported essential goods on mules.

Arpana's Farmers Self-Help Group in Guwani requested the local MLA for a road. It was granted and construction was completed in June 2026. The new

road has reduced travel time and enhanced access to livelihood prospects.

Arpana is deeply grateful to the Baij Nath Bhandari Public Charitable Trust, Mr. Ravindra Bahl, and Orbis Financial Corporation Ltd. for Free Medical Camps & other women and farmer empowerment programs!

LET'S EMPOWER VULNERABLE WOMEN AND CHILDREN AS THEY REACH FOR THEIR DREAMS!

ARPANA TRUST

EDUCATION FOR DISADVANTAGED CHILDREN

- Tuition support for classes 1-12 pre-school Classes for toddlers, cultural activities.
- Vocational training classes.

HUMANE VALUES FOR AN EQUITABLE SOCIETY

- Dramas, Publication, Satsangs
- Charitable grants for the vulnerable
- Health/Socio economic assistance



ARPANA RESEARCH & CHARITIES TRUST PROVIDES MODERN HEALTH CARE THROUGH

- Arpana Hospital for free /affordable health care.
- Arpana Medical centre, Himachal

EMPOWERING WOMEN

- Self Help Group & SHG Federations.
- Micro - Credit, Income generation, community development

EMPOWERING THE DIFFERENTLY ABLED

- Differently Aabled Persons Organizations for health, assistive devices, certifications and income generation.



DONATIONS TO ARPANA ARE 50% TAX EXEMPT UNDER SECTION 80G, INCOME TAX ACT 1961

Cheques in favour of Arpana Trust and Arpana Research & Charities Trust to be sent to:
Information & Resources Department
Arpana, Madhuban, Karnal- 132037, Haryana

Donations through Direct Bank Remittance:
Bank of India, Karnal (IFSC Code: BKID0006750)
Arpana Research & Charities Trust; Bank Account No. 675010100100014,
Arpana Trust Bank Account No. 675010100100001

FOREIGN DONATIONS TO ARPANA ARE 100% TAX EXEMPT WHEN SENT THROUGH:

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